

**CLAIMS:**

What is claimed is:

1. A golf club head comprising a club face, a hosel for attaching the club head to a shaft, and a hollow chamber disposed within the club head; and wherein the hollow chamber includes insert elements for negating and dampening recoils when the golf club head impacts a golf ball.

2. The golf club head of claim 1, further comprising a sole, and wherein the hollow chamber is formed within the sole.

3. The golf club head of claim 1, further comprising a shell, wherein the club face is welded to the shell, and wherein the hollow chamber is formed by connecting a tube to the shell and to the club face.

4. The golf club head of claim 1, wherein the insert elements comprise about 15% to about 45% of the club head's total weight.

5. The golf club head of claim 3, wherein the insert elements comprise about 15% to about 45% of the club head's total weight.

6. The golf club head of claim 1, wherein the golf club head and the shaft comprise a metal golf club.

7. The golf club head of claim 3, wherein the golf club head and shaft comprise a metal wood.

8. The golf club head of claim 1, wherein the hollow chamber has depth that extends in a direction of the club face.

9. The golf club head of claim 4, wherein the insert elements are metal pellets.

10. The golf club head of claim 5, wherein the insert elements are metal pellets.

11. A golf club comprising:

a golf head, said golf head comprising a hosel and a golf shaft attached thereto, a club face for impacting a golf ball, and a sole;

wherein the sole comprises a hollow chamber, said hollow chamber defining a volume, and

wherein insert elements are disposed with the hollow chamber.

12. The golf club of claim 11, wherein the hollow chamber is sealed on one end and capped on another end.

13. The golf club of claim 11, wherein the insert elements comprise metal pellets.

14. The golf club of claim 11, wherein the insert elements comprise about 10% to about 50% of the club head's weight.

15. The golf club of claim 11, wherein the club face is positioned at an angle relative to horizontal plane.

16. A metal wood golf club comprising:  
a golf head, said golf head comprising a shell and a golf face attached thereto;  
a hollow chamber enclosed within the golf head, said hollow chamber comprising a plurality of insert elements.

17. The metal wood golf club of claim 16, further comprising a hosel and a golf shaft attached thereto.

18. The metal wood golf club of claim 16, wherein the plurality of insert elements comprise about 10% to about 50% of the golf head's weight.

19. The metal wood golf club of claim 16, wherein the golf face is positioned at an angle relative to horizontal plane.

20. The metal wood golf club of claim 16, wherein the plurality of insert elements are spherical pellets, metal scraps, lead shots, or their combination.